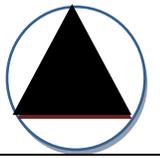




PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

Beverly Beach Bunnell Daytona North Espanola Flagler Beach Hammock Marineland Palm Coast Painters Hill

MAY/JUNE 2012 Issue

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STEP FOUR

Made a searching and fearless moral inventory of ourselves.

The words searching and fearless, can be difficult to the individual. This can take sometime to achieve. First why do we need an inventory? How else can we find out why we drank. There maybe a reason why we drank(usually more than one). We use this inventory to find out those reasons. The Big Book of AA shows of those examples. Resentment, cause and effect. (pg 65 in the big book of AA). Without inventory how would be able to begin? Thus the need of this inventory. As to the fearlessness, as we look back to Step Three, we needed to have a power greater than ourselves. Having has this power, we need not do fear anything. Faith and fear can not co-exist. We either have one or the other. If you are fearful, you will not want to be as honest and though. But if we rely upon our High Power, we can begin this inventory. This is not an immoral inventory, but a moral one. Many of us will use our sponsor's help. They have had experience working with others. Lets us take paper and pen and look as far as we can, and see how our past actions caused harm to others. The essence of step four is forgiveness. We are asking to be forgiven for our wrongs, and the same time, we must be willing to forgive others. There is just of a few questions we may look at:

1. In looking back over your life, what memories are still painful, guilty or unsavory.
2. Today, in what ways do you feel inadequate as a person?
3. Who do you resent, and why? (be as specific and nasty as necessary in order to be through.
4. What are your defects of character as you perceive them?
5. What seems to be the problems you have with people as a rule. (family, friends and institutions)
6. What are your goals as you see them today, realistic or not.
7. do you see any way that AA can help you start towards these goals?

These are not the only questions in doing an inventory. Everyone is different, that is wise to have help, in this four step, with someone who has experience, as your sponsor, church leader etc.

TRADITION FOUR

Each group should be autonomous except in matters affecting other groups or AA as a whole

The long form of tradition four (pg.189) States " With respect to its own affairs, each AA group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect AA as a whole without conferring with the trustees of General Service Board. On such issues our common welfare is paramount."

All this means is, that your group has the right to govern their own affairs, its own type of meetings, its format, its rotating committees, its treasurer, its location and time , all the things, necessary to have a comfortable, safe harbor for its members. AA is about the only organization that does not require its members to conform to rules, dues, fees, higher authorities. As in tradition three, the only requirement for membership is a desire stop drinking, and that in itself, is pretty much all that is needed. This is a far cry from most organizations. The primary purpose is to stop dinking and help others achieve sobriety.

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FLAGLER COUNTY ANNIVERSARIES

JUMP START MAY Janet R 3 JUNE Derren M 5 Jim M 1	Jim C'O 30 Nina D 27 Ellen S 3 Derek K 1 APRIL Sheila O'C 29 Denny N 18	MESSAGE GROUP MAY Maura M 36 Richard C 5 Erica B 1 Stephanie S 2 JUNE Tyler N 5 Meridith R 1	WOMEN TO WOMEN MAY Mirella 8 JUNE Virginia M 16 Debbie T 2 Donna H 14
TGIF MAY Sally W 28	BEGINERS GROUP JUNE Dick S 32	NOMAD GROUP MAY Larry G 3	HAPPY WANDERERS JUNE Darren M 5
Manny L. 16 JUNE Dick S 32 Lana R 26	LIFE IS A BEACH MAY Jennifer P 1 Erica B 1 JUNE	JUMP START MAY Jackie McG 32 Jimmie B 8 Amanda R 3 JUNE Darren M 5	DT'S GROUP APRIL Pam H 29 Jerry L 15
LIVING SOBER JUNE Wayne E 7 Michelle L 3	Judy K 33 Robert J 2 Jim M 1		LIVING SOBER JUNE Wayne E 7 Michelle L 3

District 22

Archives

the following Groups:

Stormy Seas, As Bill Sees It, West Flagler, The Lemac, Calm Seas, Sunday Sober Women, Saturday Night Live, Sandiper, Early Riser, Message (Flagler Beach) or District 22/InterGroup related to it's affiliation w/Daytona & St Augustine InterGroups, please consider contributing them to District 22 Archives.

**Contact Peter Flaherty at
(386) 446-8801 or
rebos7@bellsouth.net**

Treatment Facility Coordinator:
Ray L. 941-879-6896
449Ray@Gmail.com
He needs help with people,
going into Vince Carter, for
meetings.

Announcements & Information

Notice to all Group Treasurers

District 22 address has changed.
The new address is:
P.O. Box 351814 Palm Coast, FL 32135

Learn/play bridge
Want to get together for cards, fellowship &
snacks contact bob h 237-2279 tgif group

Happy wanders group, location change
From the Flagler hospital to the Bible Church.
94 Whiteway pkw, Palm Coast
Because it is a new location, it could use some
support.

Luther Church, 2323 N. State St. Bunnell
(Atlantis Business Center unit 212) has open-
ings for meetings. Contact Pete Seibel 338-
2347, for further information

Help Line Calls: Info help alamon others
FEB 14 5 4 0
MAR 26 4 0 0
APR 10 0 2 0

Reminder:

Need Literature and
Medallions?
**Contact: Don H.
386-986-3659
hoodyfour@aol.com**

ANYONE WHO WISHES TO GO
BOWLING, PLEASE LET MIKE B.
FOR INFO.

Life is a Beach
Locating at the !st Baptist,
5328 N. Oceanshore Blvd.
Palm Coast. Sat. & Sun. 7:00 PM

CONCEPT FOUR

“ At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must charge”(pg. 574 in the big book)

The Right of Participation, is simply means , whether it’s a group or the General Service Organization, those who are in trusted to vote on affairs, must be responsible to the members they server. From the single member to the national board of trustee, the democratic vote of its membership is paramount.

STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

As in step four, we made a list. That’s can be difficult, especially where it comes to being fearless and honest about our past. Once this task is finished, the hardest part is to come. Now we must gather as much courage as we can , and face God and another human being, take our list and share it with someone and God. Usually the things that in the onset of this sharing, is easy, most of us fall in the same category of behavior, black outs, making a fool of our self, etc. That can help our self relax, with some humorous antics that happened and funny stories.

But this is just the beginning. The more painful and distressing things are to come. Gathering , with God and you choose to share this step, remove all obstacles of pride, remorse, fear, in able to clean house. Those of us who are just beginning, the term “clean house” does not mean to vacuum, dust, polish the silver. (a little humor) It means to take stock of what we did, who we hurt and why. For myself I used my sponsor to take this step. It could be better for some else, to use a clergyman, or even a stranger, that important thing is to have someone to help you.

What do we expect after this bring up all this past? The first thing we get is those secrets we kept, are no longer in the dark closets. Having shined the spot light on the past we can start to free from those things that helped us drink. Most of us we learn that all of us have similar pasts, that we are no different than someone else. All of us suffered from this disease, made the same mistakes, behaved the same way. One of the others things, is humility. Please understand that this does not mean humiliation. Humility, is a way of life, as AA teaches us, to recognize our defects and working toward their corrections. Another thing is, the isolation we had. We can stand with others, hold up our heads and say we are together on this road of recovery.

TRADITION FIVE

Each group has but one primary purpose, to carry its messages to the alcoholic who still suffers.

Give back to others what was given to us. All of us had been a new comer at some time in our recovery, if no one was there to help us when came through the door, none of us would be sober today. The primary purpose is to stay sober and help others to achieve sobriety. Each groups can decide what type of meetings, its format, times, open or closed, etc. But the most important is helping the new comer. There is an additional gift we receive, we also stay sober by giving the new comer help. AA tells us that without the new comers, our fellowship would die. It would wither and the seed of recovery would no longer be of help.

CONCEPT FIVE

The Conference recognizes that that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.(pg. 574 in the big book)

The term trustee is the key theme of this concept. It states that responsibility comes from its membership. It would be impossible for each person to make the decisions on every issue, it would be bogged down, and nothing would be done. Therefore it is necessary that trustees, acting for the whole, do what its membership asks.

Check list for symptoms leading to a relapse

1. Exhaustion. Allowing yourself to become overly tired or in poor health. Some alcoholics are also prone to work addictions perhaps they are in a hurry to make up for lost time. Good health and enough rest are important. If you feel good, you are more apt to think well. Feel poor and your thinking is apt to deteriorate. Feel bad enough and you might begin thinking a drink couldn't make it any worse.
2. Dishonesty. This begins with a pattern of unnecessary little lies and deceptions with fellow workers, friends, and family. Then comes important lies to yourself. This is called rationalizing making excuses for not doing what you do not want to do, or for doing what you know you should not do.
3. Impatience. Things are not happening fast enough, or others are not doing what they should or what you want them to do.
4. Argumentativeness. Arguing small and ridiculous points of view indicates a need to always be right. "Why don't you be reasonable and agree with me?" Looking for an excuse to drink.
5. Depression. Unreasonable and unaccountable despair may occur in cycles and should be dealt with, and talked out.
6. Frustration. People and things may not be going your way. Remember, everything is, not going to be just the way you want it.
7. Self Pity. "Why do these things happen to me?" "why must I be an alcoholic" "Nobody appreciates all that I am doing" (for them)
8. Cockiness. Got it made, no longer fear alcoholism, going into drinking situations to prove to others you have no problems. Do this often enough and it will wear down your defenses.
9. Complacency. "Drinking was the farthest thing from my mind. Not drinking was no longer a conscious thought. It is very dangerous to let up on disciplines because everything is going fine. Having a little fear is a good thing. More relapses occur when things are going well.
10. Expecting too much from others. "I've changed, why hasn't everyone else?" It's a plus if they do, but it is still your problem if they don't. They may not trust you yet, may still be looking for further proof. You cannot expect others to change their life style just because you have.
11. Letting up on discipline. Pray, meditation, daily inventory and AA attendance is necessary. This can stem either from complacency or boredom. You cannot afford to be bored with your program.
12. Use of mood altering chemicals. You may feel the need to change things with a pill and your doctor may go along with you. You can easily lose sobriety starting this way, about the easiest way to have a relapse. Remember you will be cheating. The fact of this is true for drug dependent persons who start to drink.
13. Wanting too much. Don't set goals you can not reach without effort. Do not expect too much. It's always great when things you were expecting, happen. You will get what you are entitled to as long as you do your best, but maybe not as soon as you think you should. "Happiness is not having what you want, but wanting what you have."
14. Forgetting gratitude. You may be looking negatively on life. Concentrating on problems that still are not totally controlled. Nobody wants to be a Pollyanna, but it is good to remember where you started from, and how much better life is now.
15. It can't happen to me. This is dangerous thinking, anything can happen to you and is more likely to if you get over confident. Remember you have a progressive disease, and you will be in bad shape if you relapse.
16. Omnipotence. This is a feeling that results from a combination of many of the above. You have all the answers for yourself and others. No one can tell you anything. You ignore suggestions and advice from others. Relapse is probably imminent unless drastic change takes place.

Perhaps the best way to assess the reasons for relapses would be to study the mechanics of recovery. A reasonable theory of alcoholism is that chemical dependency is a learned, inadequate response to life's problems, so well learned that these attitudes and responses are never unlearned.

Thank Bill for this article

A letter from Jimmy M

With 25 years in AA I think I qualify as one of the old timers that she was referring to. (An article April/ March Issue) First I don't personally happen to know any of the people you were referring to, that are sober, but still smoke pot and do prescription drugs I happen to tailor my program around all the winners I meet in AA and pray for the rest. My suggestion for you if are dual addicted is take that part of your life to NA as we in AA prefer it that way. Sorry, but that's the way it's been since I came in and if it ain't broke there is no need to fix it. (improper English used to make a point). The last time I heard the preamble read which was Tuesday night March 24th, it started out with Alcoholics Anonymous is, and with that I rest my case.

Flagler County Promises 2012

Submissions to the Promises is another way to be of service! Thank you to every one who helped create this issue.

Next Dead Line For The Promises Is June 15 2012

All material and information for the newsletter must be received by the 15th of each even month

Submit any questions, articles, anniversaries

**Jim H. 603-702-1195 Hudpapabear@aol.com or
helenlopez42@yahoo.com**